

Wellness Program Report August 2016

- Continued training and orienting to new position
- Communication, Promotion, and Support
 - Weekly Wellness email
 - Weekly Wellness + Monthly “Print and Post” PDF
 - Wellness program brochure
- Onsite Opportunities
 - Onsite visit with 8 principals
 - Presented new program year:
 - Office managers
 - Custodial/Maintenance/Grounds
- Contacted local gyms for new employee discounts
- CRC fitness room usage: 11 individuals; 56 uses
- Contacted new vendors to participate in upcoming health fair
- Contacted (have not heard back from) the American Cancer Society for information about “Making Strides Against Breast Cancer” walk in October
- Connected with Health Enhancements and confirmed 2016 “Walktober” campaign
 - Campaign dates: October 1 – October 31
 - Registration begins: September 14
 - Last day to register: October 7
 - Last day to log points: November 4
- Beginning planning for the new proposal for the wellness grant:
 - Assessment
 - Recommendations
 - Toolkits
 - Evaluations